



# City of Tualatin's Activity Guide

August/September 2012

[www.tualatinoregon.gov](http://www.tualatinoregon.gov)  
503.691.3061

# FREE GUIDE



## Juanita Pohl Center turns 30!

This summer the Juanita Pohl Center turns 30—and the party's just beginning! Flip to page 7 to find out about the JPC's birthday party, remodel, and other breaking news! The next year is going to be the biggest and best year ever at the Juanita Pohl Center and YOU are invited to be part of the fun!

**GREAT NEWS TUALATIN!** You can now register for your favorite recreation programs and activities **ON-LINE!** Check out [www.tualatinoregon.gov/recreation](http://www.tualatinoregon.gov/recreation) and sign up for all your favorite camps, classes, and events from the comfort of your own home!

## Tualatin Historical Society's Wine, Food and Silent Auction

For a lovely evening on the town bring your special someone to the Tualatin Historical Society's Wine, Food and Silent Auction Fundraiser! Enjoy music, local wines, delicious food, and find a special treasure at the silent auction! For more information see page 8.



City of Tualatin

**We Create Community through  
People, Parks, and Programs**



# Library

503.691.3074  
[www.tualatinoregon.gov/library](http://www.tualatinoregon.gov/library)

The library will be closed  
September 3 for Labor Day.

## Self Defense Seminar

Wednesday, August 15, 7–9pm  
Location: Library Community Room

This self defense seminar will explore safety strategies at the work place, with your family and when you travel. Train the most important self-defense tool you have, your brain. Develop a “Safety Mind Set”. Instructed by Mike Stradley, a police officer for over 29 years; recently retired from Portland Police Bureau.

## September is Library Card Sign-up Month

As Tualatin students head back to school, the library wants to make sure that all children have the most important school supply of all—a library card. For more information on how to sign up for a library card, visit the library in person or visit the library online at [www.tualatinoregon.gov/library](http://www.tualatinoregon.gov/library).



## Fall Storytimes

Storytimes will resume in September with a new schedule. Please call or visit the library online or in person for the complete schedule.

## Teen Movie Nights

Grades 6–12  
Fridays, 6:00pm–8:30pm  
Location: Library Teen Room

Email your movie suggestions to Aimee at [ameuchel@ci.tualatin.or.us](mailto:ameuchel@ci.tualatin.or.us). First Friday-new release, second Friday- anime, third Friday-action, fourth Friday-comedy, fifth Friday-it'll be a surprise!

## Teen Wii Wednesday (+board games)

Grades 6–12  
Wednesday, September 5  
4:00pm–6:00pm  
Location: Teen Room

Join us in the Teen Room for Super Smash Bros., Clue, Apples to Apples, and more!

## Get Over Writer's Block and Power Up Your Creativity

Ages 16+  
September 11, 6:30pm–8:00pm  
Location: Library Community Room  
Monthly presentations are free to NWPWA members  
Non-members attending: \$10  
Member's guest: \$5  
18 and under no charge  
Class fee to be paid at the beginning of class



In this fun and interactive presentation, you'll identify what is really going on in writer's block, how to train your brain to creativity and focus, and learn a powerful technique to step into your creativity at will.

Holly Stokes has a Bachelor's of Science in Psychology from Portland State University and is certified in Hypnosis and NLP (Neuro-Linguistic Programming). Holly Stokes has authored several books and CDs designed to change negative mental patterns.

## Teen Science Fiction Club

Grades 6–12  
Wednesday, September 12  
4:00pm–6:00pm  
Location: Teen Room

Daleks, tribbles, and clones? What? Join us for an afternoon of our favorite sci fi tv shows! Snacks for participants!

## Hispanic Heritage Month Celebration

All Ages  
Saturday, September 15  
1:00pm–3:00pm  
Location: Community Room

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of Hispanic and Latino Americans whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.



We will celebrate with traditional Latin American music presented by Paraguayan harpist, Antonio Centurion. Free face painting for the kids. Refreshments will be provided. All are welcome.





## Fall Colors Shoot Out

Ages 16+

Sunday, September 16

9:00am–3:00pm

Location: Tualatin Public Library

Cost \$50 to be paid at the beginning of class

Capturing the color of autumn is a unique opportunity for any photographer—vibrant colors can transform an otherwise mundane scene into a carpet of red, yellow, and orange hues. So how does a photographer take advantage of this amazing season? There are many things you can do to set your images apart from simple snapshots—some are easy, and others a bit more advanced. Join us for this hands-on shoot with professional photographer and former Oregon Photo owner Wayne Welch. Wayne says “My goal is provide as much personal hands on help as possible.”



## Teen Craftastic Afternoon

Grades 6–12

Wednesday, September 19

4:00pm–6:00pm

Location: Teen Room

Duct tape fixes everything. Duct tape is fun. Come make fun stuff with duct tape.

## Animanga

Grades 6–12

Wednesday, September 26

4:00pm–6:00pm

Location: Community Room

Join us and talk about manga you are reading and anime you are watching. Eat Asian snacks and play Twister!

## Over 40 Job Search Workshop

Ages 18+

September 19

6:30pm–8:30pm

Location: Library Community Room

The job market is tough as we all know but it's tougher for “people of a certain age” and the statistics show it. In this class we will look at what the perceptions are, our role and what we can do to minimize those effects when looking for a job. Presented by Career Change Coach Dorothy Tannahill Moran. In this class you will:

- Discover the prevalent perceptions and how to counteract them
- Specific steps you can take to make your job search “age-less”
- How to build your personal brand
- Strategies you should adapt today that will help you
- Tips for overcoming ageism



**Don't Forget!**  
**Teen Library**  
**Committee**  
**Applications due by**  
**August 17!**

# Kids & Teens

503.691.3061  
[www.tualatinoregon.gov/recreation](http://www.tualatinoregon.gov/recreation)

503.691.3082

[www.tualatinoregon.gov/recreation/teen-programs](http://www.tualatinoregon.gov/recreation/teen-programs)

## SAT prep pdx

Wednesdays Sept 5, 12, 19, 26 and Oct 3  
6:30pm–8:30pm

Location: Lafky House

\$255 resident/\$330 nonresident

Is the school year too busy to fit in this class? We've added a summer SAT prep course just for you! Small group classes help students increase college admission and scholarship opportunities. Tuition includes course workbook, all materials, and practice tests. Small group study includes SAT tricks & strategies, SAT vocabulary, reading, writing, grammar, and math. For more information about the course, visit [www.satpreppdx.com](http://www.satpreppdx.com).

## Oregon Driver Training Institute Teen Driver Education

Ages 15+

Mondays and Wednesdays  
September 10–November 5

4:00pm–6:00pm

Location: Van Raden Community Center

\$285 ages 15–17

\$485 students with license or  
ages 18 & over

Get your behind-the-wheel and classroom training with this Oregon Department of Transportation approved program! This course consists of 34 hours of classroom instruction, 6 hours of behind the wheel instruction, 6 hours of observation in the vehicle, and 2 hours of parent education. Students must have a valid Oregon

permit at the time of registration. There is a mandatory parent/teen meeting the first class session. October and November class sessions will be held at the Juanita Pohl Center. To register, please call Oregon Driver Training Institute at 503.225.0770.

## After School Art Activities!

Grades 1–5, Monday–Friday

September 10–September 28

Location: Van Raden Community Center Art Room

\$17.00 per class resident/\$21.00 per class non-resident

All materials provided. No classes will be held on no-school days or holidays. Kids are required to bring their own healthy snack. For more information, please call 503.691.3062.

### 3:00pm–4:30pm

#### Mondays/Wednesdays–Sewing School 1

Learn hand sewing techniques. After learning the basics and making your own sewing kit, we'll make so-soft pillows, design our own little stuffy draw string bags, little pouch, wallet and more!

#### Tuesdays/Thursdays–Painting 1

Kids will learn basic drawing, color theory and painting techniques to get started on an art portfolio.

#### Fridays–Craftersnoon 1

Kids will complete a series of take home crafts such as wire dream catchers, collage, mini terrariums, weavings, simple Batik and more!

### 4:30pm–6:00pm

#### Mondays/Wednesdays–Science School

Kids will learn to make a variety of motors with a battery and copper wire, make mini water fountains and pumps, fold paper in mysterious mathematical ways, and learn a few quirky science stunts to wow friends and family!

#### Tuesdays/Thursdays–Zentangle

Kids will be introduced to this fun new creative drawing technique, so easy yet beautiful and fun!

#### Fridays–Craftersnoon 2

Kids will complete a series of take home crafts such as wire dream catchers, collage, mini terrariums, weavings, simple Batik and more!

## The Zone–Hawaiian Night!

Grades 6–8

Friday, September 14

7:00pm–10:00pm

Location: Van Raden Community Center

FREE! Pre-registration not required

Celebrate the beginning of a new school year with us! Come on out to the Van Raden Center for a night of games, pool, foosball, snacks, and more. Dance to a live DJ. Bring money for \$1 pizza slices! All participants will be required to provide an emergency parent contact number upon arrival. Participants are not allowed re-entry after leaving.





# Oregon Horsemanship Camps

Do you or does someone you know love horses? Try one of the Horse Camps to learn about safety around horses, horse anatomy, proper care and grooming, barn and equipment maintenance, ground work, riding and equitation skills, and more. Oregon Horsemanship is just 15 minutes from Tualatin and offers a large covered arena. If you have questions, please contact Letitia at Oregon Horsemanship **503.885.0623**. Pre-registration is required through the City of Tualatin. For more information about registering, please call the Community Services Department at **503.691.3061**

## Mommy (or Daddy) and Me

ages 3–7

Friday, September 14

10:00am–11:30am

\$55 per parent/child team/ \$69  
nonresident

Limit four parent/child teams

## Horse Camp

Ages 5–17

Saturday, September 22

2:00pm–5:00 p.m.

\$50 resident/\$63 nonresident  
Limit 8 children per camp

## Don't miss out on these great summer programs!

### Summer in the Park Day Camps

Ages 6–11

Session 1: August 6–10

Pirate Week

Session 2: August 13–17

Amazing Animals Week

Session 3: August 20–24

Around the World Week

10:00am–3:30pm

\$85 resident/\$106 nonresident

Join us for a fun-filled summer in the park! We'll have imaginative adventures on the high seas as we search for treasure during Pirate Week. During Amazing Animals week, we'll learn all about the animal kingdom, and explore the wildlife that lives right here in Tualatin. Looking for a way to explore other cultures? Around the World week will feature games, food, and crafts from a different country or region each day. All camps will include both indoor and outdoor activities, a visit to the fountain on the Tualatin Commons, and lots more. A healthy snack will be provided each day. Campers should bring a sack lunch, water bottle, and sunscreen each day.

### New! Tween Adventure Camp

Grades 4–5

9:00am–3:00pm

Location: Van Raden Community  
Center

### Explore the Tualatin River by Canoe

Friday, August 3

\$25 resident/\$31 nonresident

Learn all about the plants and wildlife found near the Tualatin River while exploring by canoe with the Tualatin Riverkeepers!

### Rock Climbing at Broughton's Bluff

Monday, August 13

\$60 resident/\$75 nonresident

Learn how to rock climb with the professionals at Adventures Without Limits! We may even have a chance to splash around in the Sandy river, so bring a swimsuit and towel!

### TualaFest Battle of the Bands—a Crawfish Festival Event

Friday, August 10, 6:30pm–9:30pm

Tualatin Community Park

FREE!

Be a part of a great musical tradition in Tualatin again this year! Come out to the park to hear local teen bands compete for prizes and the TualaFest title. Enjoy food, raffle prizes, and more. Oh yeah—it's also FREE! Grab your friends and get to the park!

### Teen Adventure Camps

Grades 6–12

Tuesdays–Thursdays

August 14–16, 21–23

9:00am–4:30pm

Location: Van Raden Community Center

\$110 resident/\$135 nonresident

Swim, bike, climb, raft, surf, and play your way through the summer! This camp is for the adventurous teen who wants to get out and explore. Sessions run Tuesday–Thursday.

### Session 6: August 14–16

Rope up and challenge yourself while rock climbing at Broughton's Bluff with the folks at Adventures Without Limits, explore the coast with a beach day, and enjoy an action-packed day of Paintball.

### Session 7: August 21–23

We're saving the best week for last! One more chance for whitewater rafting on the Clackamas River, then we'll visit everyone's favorite new waterpark – Evergreen Wings & Waves. We finish off the week with horseback riding in the beautiful Columbia Gorge.

### Wild Waves Trip

Grades 6–12

Monday, August 27

7:30am–8:30pm

Location: Van Raden Community Center

\$40 resident/\$50 nonresident

Cool off on a hot summer day at Wild Waves! Come for the wave pool, water slides, wild rides and sunshine. Sign up early for this trip—spaces will fill fast. Cost includes transportation, admission, and dinner. Bring a swimsuit, towel, sunblock, and a sack lunch or money to buy lunch at the park.

# Adults

Community Services  
Department 503.691.3061

## A Palette of Possibilities

Adults 18+

Tuesdays, September 24

October 4, 11, 18 and 25

10:00 am–12:00 pm

Location: Van Raden Community  
Center—Art Room

\$88 for 5 classes resident/\$110 for 5  
classes non-resident

Instructor Tobi Kibel Piatek is a lifelong artist and designer with a degree in Fine Arts. Her lively classes stimulate ideas and creativity. You will be developing and improving your drawing and painting skills and learn the design techniques to bring creative ideas to life. A variety of tools and media will be used including paint, pastels, markers and color pencils. All materials are supplied. For more information, please call 503.691.3062.

## Yoga with Kate

Adults 18+

Mondays and Wednesdays, ongoing

6:15pm–7:30pm

Location: Van Raden Community Center

\$13 per class/\$16 nonresident

8 class punch card for \$80 resident/\$100  
nonresident

Yoga instructor Kate Dessomes will focus on movement with the breath to bring a sense of ease and quiet to the body. You may pay at the time of the class or save money by buying an 8 class punch card! If you would like more information, contact Kate at [www.tualatinyoga.com](http://www.tualatinyoga.com) or 503.804.9094. Drop-ins are welcome.

## Zumba

Adults 18+

Mondays and Wednesdays, ongoing

6:00pm–7:00pm

Saturdays, ongoing

9:00am–10:00am

Location: Juanita Pohl Center

\$20 resident/\$25 nonresident for 4  
classes (1x per week)

\$30 resident/\$38 nonresident for 8  
classes (2x per week)

\$40 resident/\$50 nonresident for 12  
classes (3x per week)



Here's what you've been waiting for! Zumba, the dance fitness class, will have you moving to Latin, hip hop, and international beats. Not sure Zumba is for you? Try the first class for free—we bet you'll love it! (signed waiver required to participate).

## Community Theater and Acting

Ages 12–adult

Saturday, September 8

10:00am–12:00pm

Location: Van Raden Community Center  
Free!

Is there an actor inside you waiting to get out? Or would you prefer to work behind the scenes? Learn how to get started in Community Theater with the experienced theater folk of Mask and Mirror Community Theatre in another two hour class, even if you missed the first one. A brief overview will catch you up, and further adventures in acting and theater will begin. Pre-registration is required. You can register on-line by visiting [www.ci.tualatin.or.us](http://www.ci.tualatin.or.us) and finding the class on the events calendar.

Don't forget these  
August programs:

## Pickleball

Adults 18+

Thursdays, August 7–September 6

6:00pm–8:00pm

Location: Tualatin Community Park  
Tennis Courts

\$20 resident/\$25 nonresident

## Community Theater and Acting

Ages 12–adult

Saturday, August 11

10:00am–12:00pm

Location: Van Raden Community Center  
Free!

## Empowered Parenting Presents: Redirecting Children's Behavior using Positive Discipline

**Morning Course: Tuesdays, September 11, 18, 25, October 2, 9**

**10:00am–12:00pm**

**Evening Course: Thursdays, September 13, 20, 27, October 4, 11**

**7:00pm–9:00pm**

**Location: Van Raden Community Center**

**\$149 resident/\$186 nonresident for all five sessions, includes book, workbook, and handouts**

Enhance your parenting skills by understanding your child's behavior and learning how to respond effectively. The tools learned from this 5 week course are effective for families of all ages, from toddlers to teens. You'll be amazed at how quickly your relationships can become close, cooperative, and respectful with this positive approach to parenting.

### What You Will Gain:

- Confidence about your parenting skills
- The ability to minimize: arguing, scolding, yelling, and threatening
- Tools to help reduce power struggles
- Skills to promote sibling harmony

Being on the same "parenting page" with your partner

### What Your Children Will Gain:

- Self control and self reliance
- Problem solving skills
- Cooperation tools
- Good decision making skills
- Resistance to peer pressure
- Responsibility and initiative

### Meet Instructor Kim DeMarchi, M.Ed., Certified Parent Educator and Family Coach

Kim has dedicated more than two decades to being an educator. As an elementary teacher, administrator, parent educator, wife, and parent of boy/girl twins, Kim's knowledge and experience coupled with her enthusiasm, humor, empathy and compassion, has helped thousands world-wide. Kim's goal for you is to help reduce conflict, foster mutual respect, and create deeper communication and connections with your loved ones. Services include: Parent Education, Teacher Education, Couple Communication, Private Family Coaching, Corporate Workshops, and Instructor Training. [www.empoweredparenting.com](http://www.empoweredparenting.com) or [info@empoweredparenting.com](mailto:info@empoweredparenting.com)



## Junata Pohl Center

**8513 SW Tualatin Road**

**503.692.6767**

This summer the Juanita Pohl Center, formerly known as the Tualatin/Durham Senior Center, celebrates 30 years of serving the social, recreational, and nutritional needs of Tualatin's older adults! You're invited to the birthday

party on Tuesday, July 24, 2012 from 11:00 am to 1:00 pm for music, a great lunch, an award ceremony, a slideshow of the JPC through the years, a commemorative photo, and much more!



Just in time for the birthday party, the addition and renovation of the Juanita Pohl Center is now complete. The building addition significantly expanded the north end of the building providing more active space for fitness classes, programs and meals and added floor to ceiling windows overlooking the Tualatin River. New flooring, lighting, paint, signage, cabinetry, front doors, partitions, dining room upgrades, bicycle parking, pathway, and other improvements really give the building a fresh feel. We invite you to come take a look at the new and improved Juanita Pohl Center!

More exciting news! To respond to the community's demand for expanded recreation opportunities the City of Tualatin will begin managing and staffing the Juanita Pohl Center this summer. This is great news for Tualatin residents because at the same time the recreation program grows our longtime partner Loaves & Fishes will be able to focus on its mission to provide nutritional on-site meals and Meals-On-Wheels services to homebound elderly in the area. There's never been a better time to visit the Juanita Pohl Center! Take a tour, try one of the many fitness classes or club activities, or enjoy a delicious and nutritious lunch.



# Heritage Center

503.885.1926  
www.tualatinhistoricalsociety.org

## Dear Old Golden Rule Days: Oregon Schools Remembered

Wednesday, September 5

1:00pm

Location: Tualatin Heritage Center

Free!

Tualatin's own Oregon Teacher of the Year and the State School Superintendent who gave her that award will jointly review how education has changed in Tualatin and statewide. THS board member Evie Andrews still substitutes occasionally at Tualatin Elementary School. Dr. Verne Duncan attended a one-room school in Buell and later was a teacher, principal, district superintendent, ESD superintendent and college professor before election as State Superintendent. He retired as a state senator in the Oregon Legislature where control of K-12 education rests today. Monthly program sponsored by the Tualatin Historical Society. For information, call 503.885.1926.

## Clothing Swap

Thursday, September 6

6:45pm

Location: Tualatin Heritage Center

Free!

Recycle, Reduce, and Reuse and attend this clothing swap. Bring something, take something. All sizes of women and teen clothing and accessories. This popular swap is held quarterly. For information, call 503.716.8910. Swap to save a planet...and some green!

## Pilates

Thursdays, September 6, 13, 20, 27

11:30am-12:30pm

Location: Tualatin Heritage Center

\$10 per class drop-in/\$8 per class with 10 class pass

Pilates will safely nourish your back, your abdominals and restore elasticity to your entire body. Its energizing and restorative qualities leave you feeling uplifted and revitalized! For information, call 503.939.5800.

## Knitting and Crochet Workshop

Fridays, September 7 & 28

10:00am-Noon

Location: Tualatin Heritage Center

Free!

Bring a project or start one. Help is available. All levels welcome.

## Bird's Eye View of the Lake Missoula Floods

Wednesday, September 12

7:00pm

Location: Tualatin Public Library

Donations accepted

Back by popular demand, Rick Thompson provides another updated overview of the Ice Age Floods impact on the Northwest and our local area with new aerial photos. For information, call 503.885.1926.

## Bird and Nature Walk

Thursday, September 20

8:00am

Location: Tualatin Heritage Center

Free!

Join us for bird walk at Hedges Creek Marsh. This 1 1/2 hour walk around Sweek Pond is led by the Wetlands Conservancy. For information, call 503.691.1394.

## Need a place for your gathering?

The Heritage Center is available for rent. It's perfect for weddings, receptions, memorial services and meetings. For information, call 503.885.1926.



## THS Wine, Food and Silent Auction Fundraiser

Friday, September 14

6:00pm-9:00pm

Location: Tualatin Heritage Center

\$25 per person, 21 and over only

Join us for the Tualatin Historical Society's annual fund-raising event "Locally grown... preserving the history of Tualatin". Enjoy the sounds of Island Trio, taste Northwest wines, delicious food, and silent auction, \$25 per person. For information, call 503.885.1926 or email [lindy.thc@gmail.com](mailto:lindy.thc@gmail.com).

